I: Lattimore H-4 (no date) 1950 AI1 Sinkiang AI1

[244] of night soil to the farms as fertilizer, and the farms which are 361 nearest to the bazaar and therefore receive the most night soil 241 form a zone of intensive garden cultivation producing vegetables and fruits for sale to the nonfarming population. In Kucha, a fairly large oasis, fertilizer is generously applied within a radius of five miles from the district city. Within this zone there is one orchard of seventy-five acres which produces apricots as a cash crop for the market. Beyond this inner zone, the amount of fertilizer applied decreases rapidly, and two other zones may be distinguished. In the near one rice, corn, wheat, and cotton may be grown and wheat and corn, when manured, may be grown in rotation. In the third zone practically no fertilizer is used and here hardier crops such as millet, kaoliang (sorghum millet), and potatoes are planted, and fallowing must be practiced. When some fields must lie fallow, the small farm is at a great disad- [435] vantage in competition with the large farm. In this zone the cost of transport to market rises rapidly, and the price of land falls.

361 Beyond this third zone there is usually no water and the desert 233 begins abruptly. Sometimes on the fringe of an oasis, however, 312 there is a thin zone of grazing. Sheep are pastured here, and at the edges of roads, and in land within the oasis too rough for irrigation. Sheep are also pastured in a few places in the scrubby land where dying rivers reach the desert. The shepherds are the Dulani, a people of uncertain but probably nomad origin who live a gypsy-like life and keep apart from the settled Uighurs of the Tarim oases. Both Uighurs and Dulanis breed a sheep which is better for mutton than for wool.

433 Most food is consumed in the oasis where it is grown, though 262 some oases have a surplus for sale while others are not self-suffi- 146 cient. The diet of an Uighur villager is largely cereals. The consumption of sugar, fats, and meat is meager except among the wealthy, and there is practically no milk in the diet. The daily calory intake of an adult villager, as estimated in Khargalik in 1943, was 1215 calories of wheat flour, 1215 of corn flour, and 150 of mutton.

/Tibetans of Chinghai/

gories and the apportionment of the traditional Buddhist 404 is not standardized.) There are further breakdowns of what might go wrong with what aspects of the human body and the human mind or spirit, to the point where each infinitesimal ailment has its own specific cause and cure, or impossibility of curing. The medicinal treatments involve acupuncture, plasters, herbs, roots, crushed bone, excreta, potions, incantations and numerous other elements. It is a very complex system. When a Tibetan needs medical aid, he must first seek out a lama, present him with a scarf and a gift, and have this lama (who is not a doctor) cast the dice. The dice reveal the portion of the canon that contains reference to the manpa who is needed. The manpa, or specialist, may turn out to be a Christian medical missionary who has been successful in effecting cures (cf. Rijnhart, pp. 163-64). Sometimes there may be some suspicion of fee-splitting. Generally the prescriptions and treatment bear little relation to our own medical knowledge. However, the Tibetans are pragmatists and will seek their cures from those who have established a reputation for success, be they Westerners, Tibetan Buddhist or Bon doctors, or any others. Wherever Western medical science has filtered through, few Tibetans hesitate to make use of it, often simultaneously with their own. Mongol medical science is derived from the Tibetan Buddhist sources. However, more particular Mongol data on health and sanitation can be found in the IMAR Handbook.

III. The Chinese

A. The Diet of the Chinese

The Chinese diet does not contain milk or any milk products. The usual beverage is tea. The principal animals raised for food are pigs, chickens and ducks. In the Northwest, however, mutton has become a very common dish. The Moslems substitute beef for pork. In the Northwest the main grain products are wheat and millet. Rice is also eaten in abundance, being brought generally from southern and central China. Most proteins are derived from soybeans, peanuts and sweet potatoes. The food prepared for special feasts, and the kind eaten by the upper classes, differs considerably from the average Chinese meal, consisting of at least four-fifths meat, fish or fowl. The Chinese method of cooking preserves the vitamins contained in the vegetables, since they are never permitted to linger over the fire or in water.

B. Chinese Concepts of Disease

Most of the people do not know the different values of the various food products. Although many might wish to improve their daily diet with more meats and fish, they cannot afford to do so. The people in general, and particularly in the Northwest, have no